

## **ABSTRACT OF THE DISCLOSURE**

A dietary supplement for ingestion by humans is formulated to reduce blood pressure level, increase energy and promote general wellbeing. The supplement contains, in a tablet or capsule form, as active ingredients *Spica Prunella flos*, *Chrysanthemi flos*, *Lonicera Japonica*, *Radix Notoginseng*, *Cleistocalyx Operculatis*, *Lentinus Edodes*, and *Sophora Japonica*.